



IECMHC and Mealtimes

what your consultant brings to the table



Understand

Helping adults understand their feeling about eating and how this shows up around mealtimes

1. What messages did you get about eating as a child?
2. How does this impact how you respond to children during mealtime?



Plan and Navigate

Helping adults plan and navigate mealtime routines and transitions

1. How do we enter mealtime?
2. How do we ensure the children know what is expected of them before, during, and after mealtime?



Children's Cues

Helping adults recognize and respond to children's cues at mealtimes

1. How do you notice when kids are starting to be full?
2. How to notice and plan for mealtime pacing patterns?



Trauma Informed

Helping adults build competence around trauma informed mealtime

1. How can mealtime be an opportunity for connection and co-regulation?
2. How can we notice environmental cues and their impact on children?



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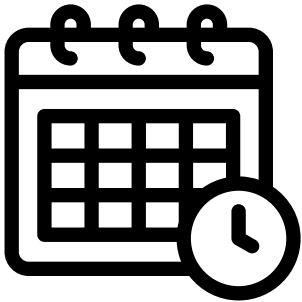
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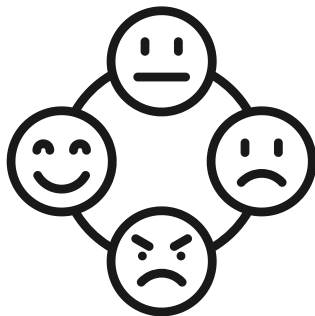
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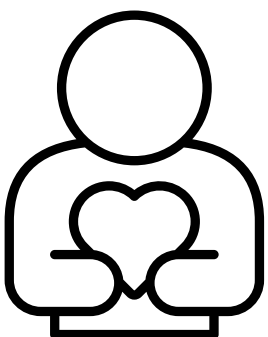
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